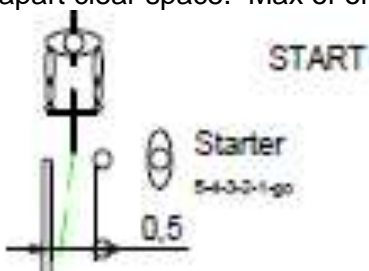


Cycling Session Plan Test 1

Rider Details			
Number in session: 1	Group Age: Varies	Group Ability (tick as appropriate) <input type="checkbox"/> Beginner <input checked="" type="checkbox"/> Mixed Ability <input type="checkbox"/> Intermediate <input type="checkbox"/> Other, specify	
Summary of rider information that may affect the session: Check rider is comfortable and ready to carry out test. Ensure the Head Coach is within the area but not clear of the athlete and not providing any input to session. Head Coach may stand at the end of the session to ensure that the athlete stops after test is complete, any encouragement will make the test invalid. The purpose of the test is to ensure that a rider is safe to ride within a mass start event and hold a straight line without impeding or coming in contact with any adjacent rider on the start line. This test forms only 1 of 3 tests and may be used independently from test 2 or 3. Test 2 or 3 should not be carried without first carry out this test. The rider should be given 2 opportunities to pass the test, failure of the test will remove a rider from participating in a road race. Riders should be allowed to contribute in a time trial event where riders will not be riding in a group. This test will be performed ad-hoc on athletes where a race official has identified a concern during preferably during the divisioning process but can be requested at any time. As trikes etc. don't typical road race this test is based on a standard 2 wheel cycle.			
Facilities, Resources and Equipment			
Session no.: 1 of 3	Session date: As Required	Session time: As required	Session length: 5 mins
Club: Special Olympics GB		Venue: Event space	
Facility requirements: A straight length of the race circuit 30 to 50m preferably at the start line of the official event, alternately a similar surfaced and sloping area.			
Equipment required: 2 straight lines, this can be 2 marked lines or represented by one marker line and line of marker cones, or 2 lines of marker cones. Lines should be formed of marker cones of 1 to 2m spacing, the lines should be no 0.5m apart clear space. Max of one Pack of 50 marker cones required.			
			
Human resources required: Starter and observer. Head Coach to present athlete to starter then leave athlete in line with athlete staging process.			
Action Points from Previous Session(s)			
N/A			



Coach and Others Involved in Delivery	
Coach:	Others involved in delivery:
Session Plan	
Session goal(s): By the end of the session the starter and observer shall be satisfied that an athlete can hold a straight line for 30 to 50m from a staged start.	
Timing	Organisation/Presentation
	<p>General safety considerations: Helmet must be worn. The test area should be free of all traffic (pedestrian and vehicular), good surface without any reasonably level.</p> <p>Warm-up: The athlete must be warmed up prior to attending the test.</p> <p>Main content: From a start line on 5-4-3-2-1-Go the athletes must ride within 2 marked lines to show that they will not stray into the path of other riders. After GO no communication with rider allowed until he finished the test. The test should be repeated once to confirm results.</p> <p>Coaching points: “Pedal ready” start position. Starting on 5-4-3-2-1-go without any other prompting. (A flag may be used on GO for hearing impaired athletes). Rider straining out with marked area. Athlete looking ahead and not down or to the side.</p> <p>Safety points: Ensure area clear. Starter can advise rider to start on pedal ready and head up only.</p>
	<p>Cool-down: To be carried out remotely from test area</p> <p>Summary of session/feedback to riders: If rider can hold a straight line and officials satisfied the rider can be considered for moving onto test 2 and or 3 before being allowed to start in mass start road race. Failure will remove rider from all RR but places must be offered in TT events.</p>
Injuries/accidents	
<input type="checkbox"/> Accident Report Form completed for each rider involved	

Don't forget to evaluate the session